

## **Public Service Announcement**

## Celebrate Oral Health Month with a healthy mouth, healthy body!

Start Date: April 3, 2017 End Date: April 28, 2017 Nunavut

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April is Oral Health Month! What a great time to think about taking care of your mouth.

From April 3 to 28, visit your community oral health coordinator, community health representative or dental therapist, to submit a drawing or painting that makes you smile, and you will be entered into a draw to get an exciting prize. All drawings or paintings will be shared on bulletin boards at your local dental clinic or community health centre.

This April, we can improve oral health by following these simple steps:

- Keep your mouth clean and healthy by brushing and flossing twice daily.
- Check your mouth regularly for changes.
- Make healthy food choices.
- Visit your oral health professional regularly.
- Avoid the use of tobacco products.

For more information about oral health, please visit: <u>http://www.nunavutsmiles.ca/.</u>

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